

Volume 9 Issue 4

April 2001



Off The Record

United States Bankruptcy Court

District of South Carolina—Clerk of Court, Brenda K. Argoe

Inside this issue:

Building Renaming Ceremony	1
Schedule of Events	2
Earth Day	2
Spotlight on Court Security Officers	3
Health and Fitness	3
Communications	4
Pat on the Back	4
Birthdays	4
Miscellaneous	5
Think About It	5

Off The Record, the court's newsletter, will be published monthly starting with the September 1995 issue. The publishing department welcomes any submission of items to be included in the newsletter. Items will be published at the discretion of Brenda K. Argoe, Editor in Chief. Please submit items to the newsletter staff, Charlie or Frank, by the 25th of each month.

The staff of OFF THE RECORD would like to thank this month's contributors.

Building Renaming Ceremony April 2, 2001

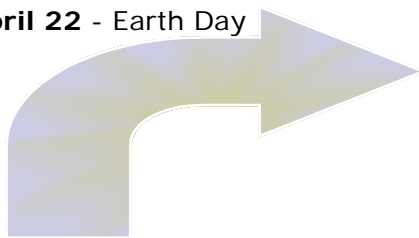
The J. Bratton Davis United States Bankruptcy Courthouse

What an honor and privilege it was to be a part of the April 2, 2001, renaming of our building for our own Chief Judge J. Bratton Davis. It was a pleasure to hear, see and meet some of the many dignitaries, family and friends of Judge Davis who were present for this historical event. The day was second, though, to having had the pleasure and honor to work for and with Judge Davis. We miss his constant presence, but are happy that he plans to continue to grace us with his company.



Schedule of Events

- **April 2, 11:00 am** - Renaming of the building ceremony (J. Bratton Davis United States Bankruptcy Court-house)
- **April 15** - Easter
- **April 16** - Last day of open enrollment for Group Long Term Care Insurance
- **April 22** - Earth Day



April 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Earth Day

- by Sen. Gaylord Nelson, Founder, Earth Day

April 22nd will be the 31st Anniversary of Earth Day. In the largest demonstration of its kind in history, millions expressed their dismay over what was happening to the environment around them and their alarm over the indifference to it by the political leaders of the country.

We are all in debt to that 70's generation of young folks--grade school, high school, and college--who supplied the energy, enthusiasm, and idealism that forced environmental concerns into the political arena for the first time.

A Challenge for the 21st Century: What a legacy that 70's generation left us! And now, what a wonderful opportunity the current generation of students has to build and expand on that legacy. Indeed, if this new generation of students can persuade the political establishment to initiate a national dialogue on sustainability it will mark another turning point in our history because only such a dialogue will provide the information and public understanding necessary to guide us on a path to sustainability.



Spotlight on Our Court Security Officers

James Priest had a career as a South Carolina State Trooper prior to his now six years of providing security for us. He gets self-satisfaction out of providing a service to the judicial staff, but is concerned about the increased likelihood of threats against the government and breeches of security.

James is married with two children; a daughter and a son. He enjoys traveling and yard work. If he runs out of yard work, I'm sure some of us would be willing to let him enjoy himself in our yards.

James said he looks forward to working at this location because of the professional and courteous staff that makes up the Bankruptcy Court.

Manny (Manchester) Brooks, Jr. has been a court security officer for five and a half years. Over the years prior to coming here, he was a Detective in New Jersey; Chief Investigator for Aiken County; Captain of Special Operations of Nuclear Security; and Manager of Corporate Security for SCE&G.

Manny has a wife, one daughter, three sons and five grandchildren. He enjoys fishing and exercising.

The worst thing about being a Court Security Officer to Manny is that you can become complacent due to lack of activity, but the best thing about it is meeting and helping people.

Health and Fitness

COLOR YOUR DIET!

Growing up, we were told to eat our greens. Now we know that the more colorful our plate, the healthier it is for us. This spring, 5 A Day for Better Health encourages us to "Sample the Spectrum" of the colorful fruits and vegetables.

REDS and bright pinks (tomatoes, red and pink grapefruit, watermelon) contain a powerful cancer-preventing chemical called lycopene.

GREENS (cabbage, spinach, collards, broccoli) contain phytochemicals that help protect your eyes and may reduce the risk of cancerous tumors.

ORANGES (sweet potatoes, mangos, carrots, apricots, oranges) include beta carotene, which is a natural cancer-preventor and it strengthens your immune system. The orange group is rich in Vitamins C and E and Folic acid. Folic acid helps prevent some birth defects.

YELLOWS

(pineapple, corn, pears, yellow peppers) Pineapple is rich in

vitamin C, manganese and bromelain. Bromelain is great to add to a meal to aid digestion and reduce bloating. Corn and pears are high in fiber.

BLUES/PURPLES (blueberries, grapes)

The skins of blues and purples have health-enhancing flavonoids, phytochemicals and antioxidants that are cancer-preventors. Blueberries are rich in Vitamin C and folic acid, and are high in fiber and potassium.

When it comes to your health, you'll fare best with a multi-colored diet.

For more information, contact Janet Tapp at 929-6530, or Susan Wilkerson, RD at 929-6607.



Communications



Cell Phone Etiquette

- Be courteous to those around you; most do not want to know your business.
- Your cell phone should not ring in the theater, in a restaurant, or during an important meeting.
- You should make use of the cell phone's silent/vibrating ring option in situations where a ringing phone would be disruptive.
- Make full use of the cell phone's caller ID feature to screen incoming calls; let voice mail take those calls that are not urgent.
- Use text messaging if available.
- Don't shout into the cell phone--its microphone should sufficiently pick up normal conversational tones.
- Don't use your cell phone while driving--if you must make a call, pull the car over or at least use a headset. (In other words, keep your eyes on the road and your hands on the wheel.)

Pat on the Backs - March

- Frank Baker
- Leila Balliet (2)
- Connie Brooks
- Agnes Floyd
- Debi Green
- Pam Miranda
- Sheree Phipps
- Karen Weathers
- Linda Hurst
- Ray Jefferson
- Chris Matras
- Janet Hancock
- Rhonda Smith
- Judy Smith
- Charlie Spangler

Birthdays



Happy Birthday!

- | | |
|---------------------|----------------|
| • April 3rd | Kirk Porth |
| • April 6th | Pam Miranda |
| • April 23rd | Kelley Morgan |
| • May 4th | Janet Hancock |
| • May 13th | Sheree Phipps |
| • May 20th | Raye Jefferson |
| • May 21st | Barbara Miller |

Miscellaneous

April Fool's Day

April Fool's Day is traditionally a day to play practical jokes on others, send people on fool's errands, and fool the unsuspecting. No one knows how this holiday began but it was thought to have originated in France. In the sixteenth century, New Year's was celebrated on March 25 and celebrations lasted until April 1st. When New Year's Day changed from March 25 to January 1st in the mid-1560's by King Charles IX, there were some people who still celebrated it on April 1st and those people were called April Fools.



EASTER

Easter is the Sunday that celebrates the resurrection of Jesus Christ, and is one of the most holy days in the calendar of Christian churches. Many of the current Easter customs probably had their beginnings in the pagan celebrations of the Earth's rebirth in Spring. The English word for Easter is from the name of a Teutonic goddess of spring or the dawn. The Easter egg is a symbol of new life. People dress in new clothes and wear flowers on Easter Sunday because the winter has come to an end, and the earth seems alive again.

CHOCOLATE COVERED EASTER EGGS

Ingredients:

2 lb Confectioners' sugar
1 Stick oleo
8 oz Cream cheese

Coating:

1 pk Chocolate chips
1 Cake paraffin wax

Preparation:

- Soften oleo to room temperature.
- Cream together oleo and cream cheese.
- Add confectioners' sugar and any additional flavorings.
- Shape into eggs.
- Place on cookie sheet lined with waxed paper.
- Chill in refrigerator at least 2 hours or overnight.
- Coat with chocolate.
- Melt together in top of double boiler.
- Dip eggs into chocolate mixture to coat.

Yield: approximately 2 dozen small eggs.

Think About It

No such thing as an original idea.

The congregation of a small stone church in England decided that the stone which formed the step up to the front door has become worn by its years of use, and would have to be replaced. Unfortunately, there were hardly any funds available for the replacement. Then someone came up with the bright idea that the replacement could be postponed for many years by simply turning the block of stone over. So they did just that. And discovered that their great-grandparents had beaten them to it.

Quotes

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."

- Unknown